

I find hope in the memories
The smiles and laughter
I find hope in believing
That there is a here after

I find hope in the friends
I have found on this road
I find hope in talking
Sharing this heavy load

I find hope in the connection
I still feel you around
I find hope in the signs
That you leave to be found

I find hope in the love
That travels farther now
I find hope in the knowledge
That you feel it somehow. - Tanya Lord

Hope

Chat with Me Over Tea



If you have been missing your friends join us with your glass of tea and we can chat and enjoy each other's company. Do you wonder... What has been going on with everyone? Or how they have been doing at home? Whatever you want to talk about with other elders from around the Nation. We will be Gathering virtually with the Go To Meeting app. You will be able to call in with a phone number and enter in an access code or join the meeting from your computer, tablet, or smartphone.

CHAT WITH ME OVER TEA:

<https://global.gotomeeting.com/join/954911117>

Dial in 1 (646) 749-3122 Access Code: 954-911-117

Hear Ye Hear Ye

If you would like to have the Senior Service Division Newsletter mailed to you. Please call Senior Service officeto give your mailing information to one of our friendly staff member.

(520) 383-6075

Remind your family and friends who have or will be turning 55 to sign up for home delivered meals. Along with meals being provided activity packets will be sent out bi-weekly.

For more information on any information you have read in this newsletter, please contact:
Stephanie Begay-Garcia at 520-279-1574

Programs within Senior Services:

- Elder Nutrition Program • Adult Care Program
- Arizona Long Term Care Systems • Caregiver Support
- Ombudsman Services • Activities Resources

For questions and concerns regarding programs provided by Senior Services:
Please call Karen Blaine – 520-471-6863



TOHONO O'ODHAM DEPARTMENT OF HEALTH & HUMAN SERVICES
Division of Senior Services

NEWS LETTER

Quarterly Issue

"Si has ha-elid g s-ge'ehogkam hemajkam"
"Honoring and Respecting Elders"



CAREGIVING A PUBLIC HEALTH PRIORITY

The health of caregivers is at risk

Informal or unpaid caregivers (family members or friends) are the backbone of long-term care provided in people's homes. While some aspects of caregiving may be rewarding, caregivers can also be at increased risk for negative health consequences. These may include stress, depression, difficulty maintaining a healthy lifestyle, and staying up to date on recommended clinical preventive services.

Who are caregivers?

Caregivers provide care to people who need some degree of ongoing assistance with everyday tasks on a regular or daily basis. The recipients of care can live either in residential or institutional settings, range from children to older adults, and have chronic illnesses or disabling conditions.

Approximately 25% of U.S. adults 18 years of age and older reported providing care or assistance to a person with a long-term illness or disability in the past 30 days, according to 2009 data from CDC's state-based Behavioral Risk Factor Surveillance System. This is termed "informal or unpaid care" because it is provided by family or friends rather than by paid caregivers. The one year value of this unpaid caregiver activity was estimated as \$450 million dollars in 2009.

What is the impact of providing care for an older adult?

Informal or unpaid caregiving has been associated with:

- Elevated levels of depression and anxiety
- Higher use of psychoactive medications
- Worse self-reported physical health

- Compromised immune function
- Increased risk of early death
- Over half (53%) of caregivers indicate that a decline in their health compromises their ability to provide care.

Furthermore, caregivers and their families often experience economic hardships through lost wages and additional medical expenses. In 2009, more than one in four (27%) of caregivers of adults reported a moderate to high degree of financial hardship as a result of caregiving.

What are the positive aspects of caregiving?

For many people, providing care for a family member with a chronic illness or a disabling condition can provide:

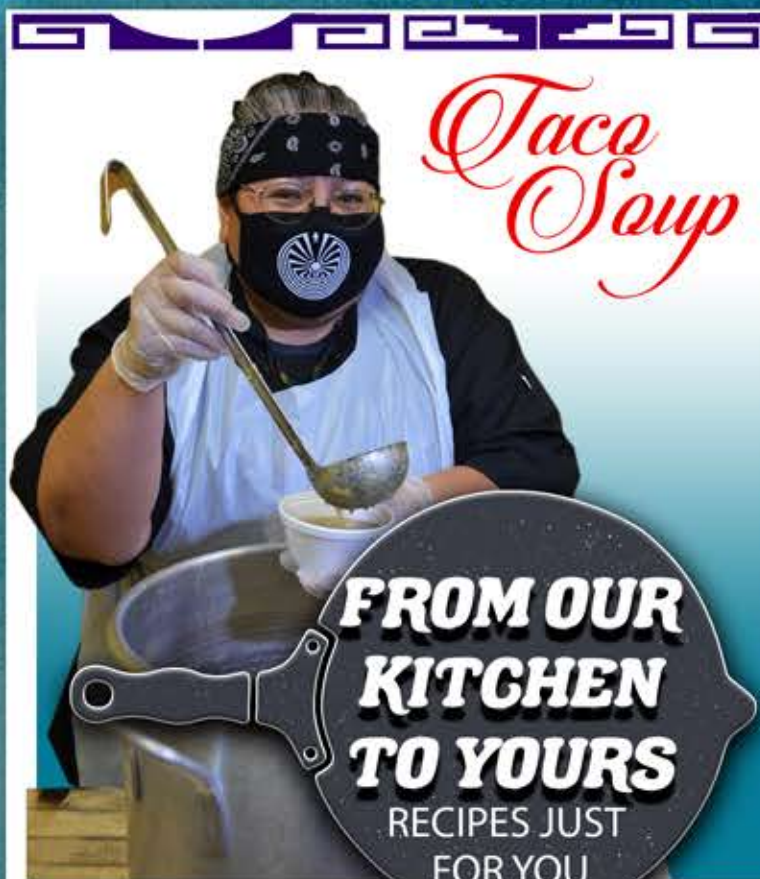
- A sense of fulfillment
- Establishment of extended social networks or friendship groups associated with caregiving
- Feeling needed and useful
- Learning something about one's self, others, and the meaning of life

More caregivers will be needed

As the number of older Americans increases, so will the number of caregivers needed to provide care. The number of people 65 years old and older is expected to double between 2000 and 2030. It is expected that there will be 71 million people aged 65 years old and older when all baby boomers are at least 65 years old in 2030.

Currently, there are 7 potential family caregivers per adult. By 2030, there will be only 4 potential family caregivers per adult.

<https://www.cdc.gov/aging/caregiving/index.htm>
For support, resources and information on Caregiving for your loved one – Call Senior Services, Karen Blaine 520-471-6863.



Taco Soup

Prep: 15 minutes
Cook: Low 6 hours, High 3 hours
Makes: 4 to 6 servings (about 8 cups)

1 pound lean ground beef
 3 cups water
 1 15to16-ounce can red kidney beans, rinsed and drained
 1 14 ½ ounce can Mexican-style stewed tomatoes, undrained
 1 10 ¾ ounce condensed tomato soup
 1 1.2 ounce package taco seasoning mix
 Crushed tortilla chips (optional)
 Shredded Monterey Jack cheese (optional)

Step 1 - In a large skillet cook ground beef until brown. Drain grease
Step 2 - In a 4 quart slow cooker combine meat, water, beans, undrained tomatoes, tomato soup, and taco seasoning mix.
Step 3 - Cover and cook on low-heat for 6 hours or on high setting for 4 hours. Ladle soup in bowls. If desired, sprinkle with tortilla chips and shredded cheese.

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Spring Time




SPRING
MAY
GREEN
THAW
RAIN
BIRDS

MARCH
FLOWERS
GRASS
MELT
UMBRELLA

APRIL
BASEBALL
SUNSHINE
SHOWERS
EASTER

STRESS RELIEF TIPS FOR ELDERERS



Stress in adults, especially elders, has many causes. You may experience it as a result of managing chronic illness, losing a spouse, being a caregiver, or adjusting to changes due to finances, retirement, or separation from friends and family. Fortunately, there are plenty of things you can do for stress relief. Set realistic goals and limits don't try to do too many things at once, and don't be afraid to say no to requests that drain your time and energy. Eat a healthy diet focus on whole grains, fruits, vegetables, lean proteins, low-fat milk products, and healthy fats. Limit your intake of caffeine and sugar. Get enough sleep try to get 7- 9 hours of sleep each night. Be physically active, being physically active can help relieve stress and improve your mood. Learn to relax different relaxation techniques include breathing exercises, yoga, meditation, massage therapy, and listening to music. Make time for yourself participate in things you enjoy, such as exploring a hobby or doing volunteer work. Talk to friends sharing your thoughts and feeling with people you trust can help you work through issues and understand that you are not alone. Don't try to deal with stress in unhealthy ways, such as using drugs or tobacco, drinking too much alcohol, or overeating. Unhealthy habits only make coping with stress more difficult. Seek Help from a healthcare professional can help you find positive ways to deal with stress.

Dealing with long-term stress can trigger changes in your body that can make you more likely to get sick. It also can worsen health problems you already have. Some of the health problems associated with long- term stress includes:

- **Weakened Immune System** – Your body's stress response can weaken your body's immune system, making you more vulnerable to illnesses, including colds, the flu, and infections. Stress also can worsen the symptoms of chronic illnesses.
- **Cardiovascular Disease** – Stress has been linked to cardiovascular diseases, such as high blood pressure, artery damage, and heart problems.
- **Diabetes** – In people who have diabetes, stress can alter blood glucose levels.
- **Depression** – Persistent stress has the potential to increase the risk of depression among people who are more vulnerable to stress.

But don't wait to seek stress relief. Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. Stress increases blood sugar and can make diabetes worse. It can create high blood pressure and cause insomnia. It can also make people become anxious, worried, depressed, or frustrated. With so much as stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.

The Tohono O'Odham Nation has many resources to help.
Tribal Warm Line (855) 728-8630 • Behavioral Health (520) 383-6165